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VANCOUVER • THURSDAY, MARCH 5, 2009 metronews.ca

Celebrity Buzz

Carrie gets cosy in Sens' country
pg 18

Entertainment

U2 finds the line, lays it down
pg 17

City designer named next Bachelorette

TELEVISION Vancouver-based interior designer Jillian Harris, 29, has been named ABC's next bachelorette on the reality-TV show of the same name.

Harris, who hails from Peace River, Alta., was among the 25 women competing for the affections of handsome single dad Jason Mesnick in the most recent incarnation of the Bachelor, which ended Tuesday night.

Harris, who finished third, was named the Bachelorette at the end of Tuesday's show. The new series, in which 25 men will vie for her affections, hits the air May 18.

METRO VANCOUVER

CITYTV

Jillian Harris

Riding the Recession

Now through the end of March, Metro will share advice on how to cut down on expenses and navigate your way through the recession.

Food

- **We give you a local Meal for a Steal, pg 15**

Tomorrow

- **How are Employment Insurance offices dealing with an increased number of people applying for EI payments?**

Canada pg 3

3 soldiers die in Afghanistan

Please recycle

Haute couture **Paris**

PASCAL ROSSIGNOL/REUTERS

A model displays a creation by Spanish designer Estrella Archs as part of her fall/winter 2009/10 women's collection yesterday during Paris Fashion Week. Metro's Kenya Hunt sizes up the catwalks in Milan, pg 16

2 hit in 6th shooting in last 24 hrs

JEFF HODSON
jeff.hodson@metronews.ca

Two men were shot at a Surrey gas station last night — the sixth shooting in Metro Vancouver over a 24-hour period.

In this latest shooting, witnesses said one man was shot in the head, the other in the leg while gassing up at the Chevron station at 122 Street and 72A Avenue. Both are expected to survive.

RCMP Insp. Dave Walsh told CBC News the suspected shooter fled on foot and was picked up by a vehicle nearby.

Yesterday morning, RCMP showed off some of the high-powered weaponry being used by gangs at a press conference in Chilliwack.

An officer fired from one of 64 high-powered assault rifle magazines recently seized from a Surrey couple.

"This ammunition is powerful enough to shoot through bulletproof vests and body armour," RCMP Cpl. Peter Thiessen said. "It goes to show the lengths these thugs are willing to go to kill one another."

On Tuesday, two people were killed and three men were wounded in five separate shootings.

In Vancouver, Sunil Mall, 27, was discovered at 9:50 p.m. shot to death inside a silver vehicle in the 1900 block of Kaslo Street.

The vehicle's hazard lights were flashing and the driver's side window was smashed, said Const. Lindsey Houghton, a police spokesman.

"This appears to be a targeted shooting," Houghton said.

Two men, dressed in dark clothing, were spotted running from the area, he added. The murder was Vancouver's eighth of 2009.

About two hours before the Vancouver shooting, gunfire on the 25th floor of a Burnaby high-rise apartment left a woman dead and a man injured.

There was also a pair of shootings in Surrey that left one man injured.

No reprieve

- Tuesday's shootings came hours after RCMP and VPD brass announced that Barzan Tilli-Choli, 26, the alleged head of the UN Gang, had been arrested and charged with attempted murder from a Feb. 16 drive-by shooting in Surrey.

No Shangri-La for Oprah, says realty president

SUITE Rumours that Oprah Winfrey has bought a penthouse suite at the Shangri-La tower on Georgia Street are not true, according to the president of a real estate company that's selling units at the condo.

Tracie McTavish, president of Rennie Marketing Systems, told Metro News yesterday that he's heard the rumour before. "I'm pretty connected after 30 years in real estate," he said. "I can confirm this is not true."

Three real estate agents told Metro they had also heard the rumour, but were unable to confirm it.

The two-storey, 5,890-square-foot penthouse suite has three bedrooms, a private elevator, and a rooftop garden with a lap pool, hot tub and outdoor kitchen.

KRISTEN THOMPSON /METRO VANCOUVER

Oprah Winfrey

GETTY IMAGES

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Shakespeare fest gets a new boss
The Bard on the Beach Shakespeare Festival's 20th season starts May 28, the festival's artistic director announced yesterday. The 2009 edition will feature Othello, The Comedy of Errors, All's Well That Ends Well and Richard II. METRO NEWS SERVICES

Local

L Word to auction off props

Producers of the television series The L Word starring Jennifer Beals, left, will be auctioning off nearly every prop used in the production of the show in Vancouver. Everything from a 1974 Impala to racks of designer clothes and boxes of sex toys will be up for grabs starting at 10 a.m. on Saturday at 8275 Manitoba St. METRO VANCOUVER

KRISTEN THOMPSON/METRO VANCOUVER

Vancouver Mayor Gregor Robertson helps to breaks ground at the site of city hall's new community garden yesterday.

City hall lawn set to bloom into garden

KRISTEN THOMPSON
kristen.thompson@metronews.ca

FOOD Work began yesterday to turn part of the lawn outside Vancouver City Hall into a community garden, which will grow produce that will be donated to food providers in the Downtown Eastside.

The initiative was recommended by the Greenest City Action Team — which includes David Suzuki and former premier Mike Harcourt — as one of their suggestions to make the city greener.

"There is a huge demand from people in Vancouver to have the opportunity to grow their own food," Mayor Gregor Robertson said. "There are waiting lists for community gardens across the city."

A portion of the community garden space will be allocated to communal plots, and volunteers, including city staff, will tend the plots and donate the produce.

"Converting a portion of the under-used city hall lawn for gardening is something that should have happened a long time ago for a city that likes to talk about being green," Robertson said.

Community plots

- The city has promised to develop 2,010 community gardens in time for the Olympics.
- Since 2006, 421 plots have been created.
- It will cost around $25,000 to start the garden.

Mountie accused of lying

Lawyer says officers fabricated story to justify Taser use

SAM SMITH
for Metro Vancouver

A lawyer cross-examining the Mountie who stunned Robert Dziekanski accused him of lying under oath and collaborating with other officers to fabricate a story that would justify using the Taser.

Lawyer Don Rosenbloom, representing the Polish government, cites the contrast between the officers' similar statements and the video of Dziekanski getting shocked as evidence of the cover-up.

SAM SMITH/FOR METRO VANCOUVER

Zofia Cisowski, mother of Robert Dziekanski, at a courtroom in Vancouver yesterday.

"You're trained observers. Why is there similar mistakes made by you and your fellow officers," Rosenbloom asked.

"I don't know," RCMP Const. Kwesi Millington answered. "I don't know why."

Rosenbloom went on to say that the officer had broken protocol on his response to Dziekanski's failing health.

Asking Millington what steps he took to prepare Dziekanski for CPR, Millington said he asked RCMP Cpl. Benjamin Robinson about the pulse, but nothing else.

"You never took his pulse, never saw anybody do anything," Rosenbloom said.

Zofia Cisowski, Dziekanski's mother, was upset after the testimony.

"I think they are liars, I'm so angry," she said.

But Ravi Hira, the lawyer representing Millington, said his client did the right thing.

"Those officers are telling the truth, they acted according to their training."

NDP wants protection for ticket buyers

TARYN MCELHERAN
for Metro Vancouver

PRICING B.C. needs to protect ticket buyers from being gouged, the NDP's arts critic said yesterday.

Spencer Herbert introduced the Fair Pricing in Ticketing Act to legislators in Victoria in an attempt to stop big name ticket sellers from increasing prices and to stop scalping.

"Simply put, it's not fair. Artists will price their tickets so that their fans can actually afford to go to their shows," Herbert said. "Then you get these companies stepping in and putting it out of reach for the average folks just so they can make a massive profit."

Class action suits

- Ontario, Manitoba and Alberta have laws set in place and that have allowed class action lawsuits to go forward, including one against Ticketmaster.

Police complaints process to get revamped

LEGISLATION B.C. solicitor general John van Dongen introduced sweeping changes to the police complaints process for municipal forces in B.C. yesterday.

Under the legislation, all cases involving death or serious injury in police custody, or complaints against police chiefs, will be subject to mandatory external investigations.

"Our legislation gives the police complaints commissioner an enhanced ability to carry out its mandate," said van Dongen yesterday.

The new legislation was drafted from 91 independent recommendations made by retired justice Josiah Wood in February 2007.

JEFF HODSON/METRO VANCOUVER

Woman dies from fire-related injuries

BURNABY The 60-year-old woman seriously burned in a Burnaby apartment fire on Monday has died, police said yesterday.

Sudeshna Nath succumbed to her injuries in hospital. Her 19-year-old son remains in hospital and doctors expect him to recover. An eight-year-old boy remains in critical but stable condition.

DOMINIQUE ARMAND/
FOR METRO VANCOUVER

News in brief

COURT An off-duty Delta RCMP officer failed to get his driver's licence back after a court rejected his claim that he drank two shots of vodka after — not before —a fatal crash last November, CBC News Online reports. Cpl. Benjamin (Monty) Robinson drove the jeep that hit and killed Orion Hutchinson, 21.

PARK Pigeon Park will be renovated after city council approved $187,000 for new benches, a toilet and improving the green space on the corner of Hastings and Carall streets, news1130.com reports..

ASSAULT A 25-year-old woman was sexually assaulted near Rupert Street and East 6th Avenue. The victim was walking home early Monday morning when a man grabbed her from behind and assaulted her. She fought the man off and he ran away.

METRO NEWS SERVICES

metronews.ca
What's online today.

Video 22 Minutes comedian crashes and burns in an attempt to mock Ontario premier Dalton McGuinty at **metronews.ca/canada**

Lotteries

Lotto 6/49	7, 15, 23, 25, 27, 40 Bonus 43
BC 49	2 ,17, 21, 33, 40, 43 Bonus 26
Extra	2, 62, 74, 86.

These results are not official.

Good-luck note foils man's U.K. stay
A Mexican national who told airport immigration last weel he was visiting Britain to see a friend was swiftly deported after a search unearthed a good-luck card in his luggage wishing him well for his "new life in the U.K." REUTERS

Canada/World

HANDOUT

Left to right, Canadian soldiers Warrant Officer Dennis Raymond Brown, Cpl. Dany Olivier Fortin and Cpl. Kenneth Chad O'Quinn were killed near Kandahar City, Afghanistan, Tuesday, when their patrol hit an improvised explosive device. Canada's deathtoll in the war in Afghanistan is now 111.

3 troops killed in Afghanistan

EXPLOSION A roadside bomb that killed three Canadian soldiers in a relatively restive district of Kandahar province may herald the start of spring fighting season in Afghanistan, said military and Afghan officials.

Warrant Officer Dennis Raymond Brown, Cpl. Dany Olivier Fortin and Cpl. Kenneth Chad O'Quinn were killed Tuesday evening when an explosive detonated near their armoured vehicle in Arghandab, northwest of Kandahar city.

Word of a new Taliban offensive came ahead of a grim report showing that Canada has made modest development progress in the face of a worsening security situation.

While the number of Canadian-funded jobs and schools and trained Afghan forces has grown, violence increased in severity and frequency, undermining the confidence of locals in their safety, the report found.

"The areas that we've pointed to we've seen progress, and we've also seen a rise in insurgency," said International Trade Minister Stockwell Day, chair of a committee on Afghanistan. "The two can happen at the same time." TORSTAR NEWS SERVICE

Bashir warrant issued

Sudan's leader indicted by ICC for war crimes

The International Criminal Court issued an arrest warrant for Sudanese President Omar Hassan al-Bashir yesterday for war crimes in Darfur, a decision that could spark more regional turmoil.

The warrant is the first issued against a sitting head of state by the Hague-based court, which stopped short of including a count of genocide over a conflict that UN officials say has killed as many as 300,000 people since 2003.

The court indicted Bashir on seven counts of war crimes and crimes against humanity, which include murder, rape and torture. The panel said it had insufficient grounds for genocide.

"His victims are the very civilians that he as a president was supposed to protect," ICC Chief Prosecutor Luis Moreno-Ocampo told reporters, adding that Sudan is obliged to execute the warrant.

MIKE SEGAR / REUTERS

People demonstrate near the United Nations headquarters in New York, denouncing Sudanese President Omar Hassan al-Bashir.

Hours after the warrant was issued, Sudan revoked the licences of at least six foreign aid agencies, giving no reason for the decision, aid officials said. "This will have a major impact on humanitarian work in Darfur," said one aid official. REUTERS

News in brief

TRIAL The fate of a man accused of beheading a passenger on a Greyhound bus lies in the hands of a Winnipeg judge, who will decide today if the accused was mentally ill at the time of the gruesome crime. Final arguments were heard in the trial of Vince Li yesterday, only two days after trial began. METRO EDMONTON

Feds to help death row inmate

COURTS A Canadian court ordered the federal government yesterday to help seek clemency for a Canadian citizen facing a death sentence in the United States for murdering two people.

Ronald Smith, who has admitted to the 1982 murders, won his case before the Federal Court of Canada to have the Canadian government plead for clemency on his behalf.

Smith was set to be executed in Montana and had argued that Canada's Conservative government was violating his human rights by refusing to intervene. REUTERS

Europe stands behind U.S.: Brown

BRITAIN The United States can seize the moment and lead the world out of recession, but other countries must play their part, British Prime Minister Gordon Brown told the U.S. Congress yesterday.

In his speech, Brown urged the U.S. to resist protectionism, fight climate change and take advantage of the goodwill toward it after the election of President Barack Obama.

The prime minister said that while America could take a lead, it and a few other countries could not shoulder all the burden of restoring growth to the world economy, which is facing its worst crisis in decades. REUTERS

News in brief

POLITICS U.S. Secretary of State Hillary Clinton criticized Israel yesterday over plans to demolish Palestinian homes in East Jerusalem, calling the planned destruction of 80 homes "unhelpful." Clinton said the U.S. would engage Israeli leaders on Jewish settlements. Palestinians are accusing Israel of trying to drive them out of East Jerusalem. REUTERS

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Comment & Views

Comment

The science of splitting

Relating

Steve Collins

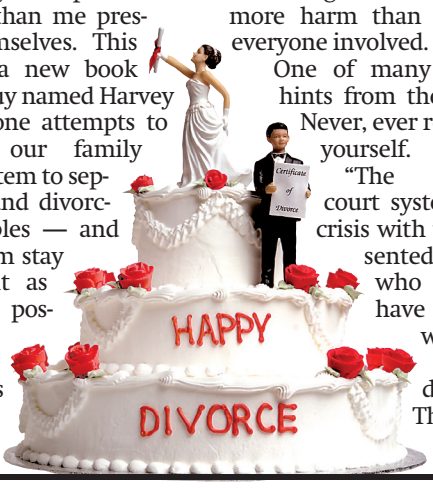
metronews.ca/collins

Anyone who knows me is probably just as baffled as I am to see me writing about what the experts call "man-woman stuff." Relationships baffle me. My good ones have felt a lot like luck, and nothing I write on the subject should be construed as advice, or even a clue.

In January, numerous media outlets advised us of "D-Day" (Jan. 8 or thereabouts), which, according to divorce lawyers, is the single biggest annual day for divorce filings. This month, then, another pile of people, maybe even people reading this, are adjusting to fresh ex-hood.

And again, I've got nothing. I've never been divorced, a happy circumstance I attribute almost entirely to never having married. This is of little use to most people facing a split now. (My friends also seldom thank me for asking them to imagine, just for a moment, what kind of an ex-wife their fiancée would make.)

Happily, a couple of better sources than me present themselves. This month, a new book from a guy named Harvey Brownstone attempts to explain our family court system to separating and divorcing couples — and help them stay out of it as much as possible.



And who is this Brownstone to judge? As it happens, a sitting judge of the Ontario Court of Justice, who has presided over 14 years of family court cases.

In Tug of War: A Judge's Verdict on Separation, Custody Battles, and the Bitter Realities of Family Court, Brownstone gives an insider's view of the legal machinery and warns of an overloaded court system where protracted, hurt-fuelled litigation often does more harm than good to everyone involved.

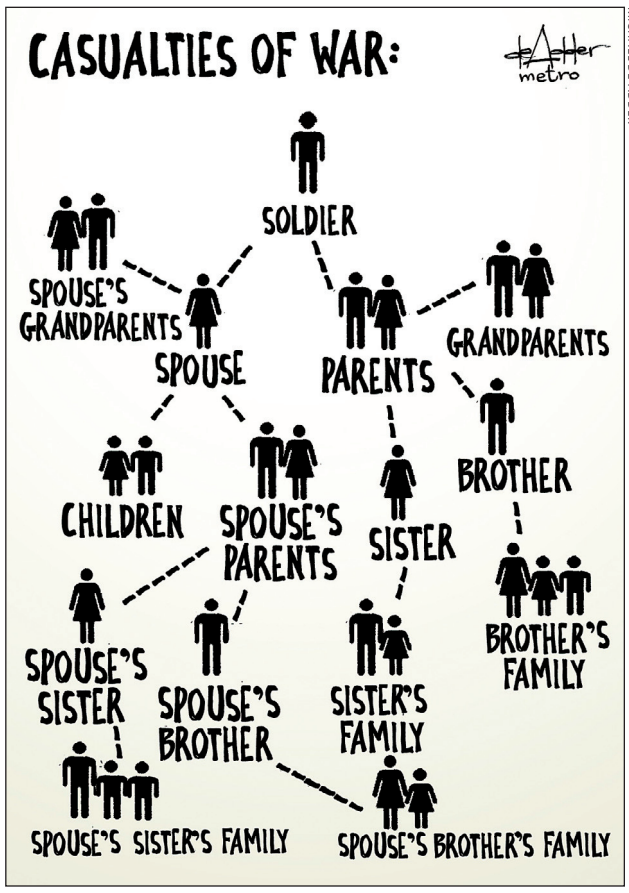
One of many helpful hints from the bench: Never, ever represent yourself.

"The family court system is in crisis with unrepresented people who don't have a clue what they are doing. They don't understand that this is not Judge Judy," Brownstone told the Toronto Star.

Also new on the Canadian split-up scene is ChangingLanes.ca. The website is the creation of communications consultant Michelle Halsey, who encountered a paucity of reliable information and advice during her own separation, and wanted to help others with advice on finances, parenting, and personal stories of divorce and separation.

Discussion forums are categorized by different stages of breakup, from contemplating separation to the blended family. It's early days yet for the site, but already most participants in the forums seem to be women. Where are the separated and divorced men? Probably still trying to figure out what the hell happened. I know I would be.

Steve Collins offers his best guesses on relationships for Metro every two weeks.



MICHAEL DE ADDER

Views

Slow-food movement just tastes better

Mark Trealout
Slow-food farmer

Slow food is an easy concept. It can be described in three words: Good, clean, and fair.

The food must taste good (otherwise the slow movement would be cut abruptly short), be produced in a clean manner (think organic vs. chemical input, food miles, water quality), and the price must be fair to both producer and consumer (ideally with few hands in between grower and eater).

But for far too many, slow food is a difficult concept. This is because the average urbanite has no idea how to raise a pig, harvest wheat, or store the summer's bounty for winter use. Heck, the average urbanite doesn't even know someone who knows how to do these things anymore.

In just six decades, western culture has moved far away from our food sources. In doing so we have given control of our food to large corporations, whose mandate is not to feed people, but to maximize profits. This has led to non-labelled experimentations with the foods we find on the shelves of our markets, rampant use of genetically modified foods and intensively raised livestock with dependency on "medicated feed."

Tragically, this corporate approach to food has also displaced tens of thousands of farmers in developing countries from the land that has been in their families for generations.

The need to rethink, revitalize and reinvent our food systems has never been more urgent than it is right now.

Slow food is about regaining control of our food systems by once again growing (or purchasing) good, clean, fair foods. Foods grown with the intention of feeding people, not making profits.

Slow Food International now has more than 85,000 active members and supporters in more than 130 countries. Eat slow. It tastes better.

Mark Trealout manages a small farm in Ontario and organizes a group of growers whose produce regularly supplies fine dining establishments in Toronto.

What can you do?

More info at slowfoodvancouver.com

- Develop relationships with people you trust to produce the food for you and your family. Join a community-shared agriculture program in your area — just Google it.
- Become involved in your local farmers' market to ensure this market is meeting the needs of your local community.
- Ask questions about the origins of everything you eat, and don't be satisfied until you get definite answers.
- Frequent those restaurants that ask these questions, too — many fine-dining establishments will openly boast their local, fresh produce.
- Think global, purchase local.

Letters

Manners matter, even on the sidewalk

Re: Anne Hines (Good manners matter, March 2)

This was a great article on manners.

What we need is a series of articles reminding people how to walk politely when the sidewalks and other pedestrian areas are crowded.

When I grew up, the school systems and our parents taught us how to walk politely and respectfully. Mobility etiquette is so important. If one does not want to practise safe and considerate walking, he or she should not be allowed out of the home without an educated escort.

I know most basics, but very few others do, including the politicians and mobility "experts" in our public services.

NICK BIRD, RICHMOND HILL, ONT.

Freedom of speech a privilege not to be abused

Re: Do we believe in freedom of speech? (Feb. 25)

I, too, believe in freedom of speech, but not in Mr. Sullivan's definition — i.e. "If you think it, you can say it."

Freedom of speech is not only a right, but a privilege.

If said speech is used in a way that hurts someone or makes a significant impact on societal thinking and promotes untruths, abuse and hatred, then it's an abuse of the privilege to freedom of speech.

Where laws exist to protect society from such abuse, the laws should be enforced to the full extent.

JACK KREPEL, THORNHILL, ONT.

ShareYourViews
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Metro Online Poll Results

69% SAID HELP

Do celebrities help or hurt the causes they support?
Weigh in on today's question at metronews.ca

31% SAID HURT

It's your turn to tell others what you think. Email your thoughts and opinions to: vancouverletters@metronews.ca
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Loblaw to convert part-time jobs to full-time
Loblaw Co., Canada's largest supermarket chain, says it plans to convert more part-time jobs to full-time, a move that will boost productivity and help the economy. REUTERS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Grocers see shift to frugality

Change in shoppers' buying habits long-term: Executives

Canadians are shifting away from premium products when they visit the supermarket as the recession bites deeper and consumer confidence weakens, grocery chain executives said yesterday.

Executives at Loblaw Companies, the country's No. 1 supermarket chain, and Empire Co. Ltd., owner of Sobeys, the No. 2 chain, said the change in buying habits has been quick and profound and is not likely to be short-lived.

"This is not going to be a temporary thing that happens for two or three months," Allan Leighton, president and deputy chairman at Loblaw, told a retail conference in Toronto.

Leighton said shoppers have "all of a sudden become very value conscious."

Also at the conference, Bill McEwan, chief executive of Sobeys, said his stores are seeing premium dinners and ice creams decline at rates "we had never anticipated" two or three years ago.

He added that the new frugality can be seen at the deli counter, where shoppers are opting for lower-end ham and blocks of cheddar over high-end pastramis and cheeses. REUTERS

Canadian Tire offering food

• Canadian Tire is pushing into food retailing, joining Shoppers Drug Mart and Wal-Mart by experimenting with two stores. It so far has been surprised by the positive results.

TORSTAR NEWS SERVICE

Broadcasters balk at U.S. clampdown

TELEVISION Canadian broadcasters are criticizing a proposal by the country's TV regulator to curb their U.S. programming expenditures in a bid to promote homegrown production.

The CRTC said Tuesday it will consider imposing a "one-to-one ratio requirement" between Canadian and foreign programming expenditures on domestic broadcasters during licence hearings scheduled to begin April 27.

"(U.S. programming) is critical to support the Canadian segments of our schedule."
CTVglobemedia

CTVglobemedia, which runs prime-time ratings leader CTV, said it "would not be able to comply" with such an order.

"While the returns on U.S. programming are diminishing ... it is still by far the most profitable programming category and is critical to support the Canadian segments of our schedule, which are by and large not profitable," CTVglobemedia said in a written submission to the CRTC.

Rogers Broadcasting, which runs a string of Citytv stations, said that imposing a cap on U.S. expenditures "would seriously impact the already fragile financial situation of the Citytv stations."

REUTERS

Business in brief

TELECOM Nortel Networks Corp. dismissed a media report yesterday that said the company was hoping to emerge from bankruptcy protection by the middle of the year.

FORECAST Aecon Group Inc. said it expects 2009 to be a strong year as spending on infrastructure and building projects outweigh a slump in demand in Alberta's oilsands.

DECEPTION Scam artists with sophisticated websites are offering to help U.S. consumers cash in on the $787-billion US stimulus package, the Federal Trade Commission said.

MARKETS European shares advanced yesterday as signs of economic recovery in China fuelled a rally in mining, construction and energy stocks. REUTERS

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Coquitlam Centre 604-464-1828
Willowbrook Mall 604-534-8838
Royal City Centre 604-526-6317
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Semiahmoo Centre 604-536-0182
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Interest rates/Savings accounts
METRO NEWS SERVICES

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2.00%	0.2%	2.25%	2.5%	2.3%	2.35%	2.0%	2.25%	0.05%

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Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Women win the money game

When it comes to money, women really are more responsible then men, with an international survey finding that they're less likely to get into debt and strive harder to become financially independent.

The global Reuters Synovate survey polled some 4,500 women in 12 countries about money matters. An equal number of men were also asked several questions related to finances.

The survey showed that just over half respondents of both genders said women are more responsible with money than men, with the highest level of agreement found in Mexico, where 72 per cent of people believed women were better at handling finances.

And although more than 40 per cent of women use part of their monthly income to pay off credit cards, some 70 per cent of female respondents also said that having more than one credit card could lead to financial debt, revealing women's higher awareness.

"It's obviously not the card itself that causes anyone to use it. So the statement is really about control and temptation," said Claire Braverman, international market research firm Synovate's senior vice president of Financial Services in the United States.

"The ability to spend more, that you don't have in the first place, can certainly lead to debt. It means people have to control themselves and their spouses," she added.

More women believed in their financial ability than men, with 61 per cent saying they were more responsible, while only 40 percent of men agreed.

But nearly half the women surveyed also conceded that they were bigger spenders than their male counterparts, with nearly 60 per cent of men agreeing.

Women who pool their finances with a spouse or a partner are also likely to suffer more if the relationship ends.

"Some women have checks in place to guard against this happening to them, some don't. Some are financially savvy, and some are simply not interested," she said.

"This adds up to an urgent need for financial services companies to understand women and cater to their specific needs and the situations in which they are likely to find themselves, planned or unplanned," she added.

Nearly six in 10 women considered themselves to be financially independent, which for 41 per cent meant not having to rely on a partner for money and living debt-free for a third of respondents.

The survey, however, found that despite their independence, 43 per cent of women believed that a man should be responsible for the mortgage or the house payments. REUTERS

The survey

- The survey was conducted in December in Australia, Brazil, Bulgaria, Canada, France, Indonesia, Malaysia, Mexico, the Netherlands, South Africa, Britain, and the United States.
- The survey's findings could help financial companies understand women's needs, as they tend to live longer than men, and typically have less money on retiring.

Some 70 per cent of female respondents said that having more than one credit card could lead to financial debt, revealing women's higher awareness.

MoneyMatters

Henry Choo Chong

choochonghcga@yahoo.ca

Henry's tax tips

Home Buyers Plan:
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- Couple can withdraw up to $50,000 for purchase of first home.
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Home renovations tax credit:
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- Routine repairs, furniture, appliances not eligible

Is it better to save cash or pay down a mortgage?

FINANCE Many Canadians don't know what to do with their savings. Should they keep it in a savings account or use it to pay down their mortgage?

It would be great to knock off a chunk of debt, but there's also comfort that comes with money set aside for emergencies. It all boils down to the question: "Is it better to earn interest or save interest?"

Many of us have high interest savings accounts because we want our money to work hard for us. Unless your money is in a tax-free savings account, the Canada Revenue Agency could take some of the interest earnings, leaving you with a fraction of the account's income. Since your mortgage interest is paid in after-tax dollars, you'd need a savings account that offers a phenomenal interest rate to provide the same benefit as using your money to pay down your debt.

Most traditional mortgages won't allow you to access your home's equity at a moment's notice, which is why many people keep a savings account instead of paying down their home loan.

Your bank account would need to pay an interest rate of 10 per cent to provide the same benefit as using those savings to pay down a mortgage where you're charged six per cent.

According to Manulife Bank, based on a 40 per cent marginal tax rate, your bank account would need to pay an interest rate of 10 per cent to provide the same benefit as using those savings to pay down a mortgage where you're charged six per cent.

Let's look at it another way. If you put $10,000 in a savings account paying 2.55 per cent, your monthly after-tax income would be $12.75. If you used that same $10,000 to pay down your mortgage instead, your monthly after-tax savings would be $39.58 (based on a mortgage that charges 4.75 per cent).

Most traditional mortgages won't allow you to access your home's equity at a moment's notice, which is why many people keep a savings account instead of paying down their home loan. If you want to pay down your debt sooner but still keep access to your funds, an all-in-one account like Manulife One may be right for you.

For more information on all-in-one accounts or if you want to contact a Banking Consultant, visit manulifeone.ca or call toll-free 1-877-765-2265.

NEWS CANADA

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Opportunity knocks

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Community Spirit

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

‘I wanted to give back’: Big Sis

Pair’s friendship grows after Big Sisters match-up

JESSICA SMITH
for Metro Canada

Vancouver needs people to answer phones, make sandwiches or coach junior soccer for a cause they believe in.

“Find your passion, whether it’s arts, or environment, or children, and find an organization where you can volunteer your time and your talent to help further their cause,” said Shirley Weir, communications director at Volunteer Vancouver.

Volunteer Vancouver connects volunteers with organizations that need help. One way they do that is through GoVolunteer.ca, a website with postings for volunteer positions at organizations in Alberta and B.C. In Vancouver, there are hundreds of positions open to help causes such as ending violence against women, promoting the arts and saving the environment.

Cali Mancia chose to help a teenaged girl. She joined Big Sisters 4½ years ago and was matched with her little sister, Michelle, who is now 16.

“I became a Big Sister because growing up, my brother had a Big Brother and I just thought it was a cool thing and I wanted to give back,” Mancia said.

JESSICA SMITH/FOR METRO VANCOUVER

Big Sister Cali Mancia, right, and Little Sister Michelle prepare a chicken caesar salad together. They meet twice a month as part of the Big Sisters of BC Lower Mainland volunteer organization.

Mancia and Michelle get together twice a month, to hang out and usually have a meal together. Friday night they cooked a chicken caesar salad and talked about the list they keep of all of the food they’ve tried together for the first time, for one or both of them.

“It’s great because Michelle knows me well enough that when she’s like, ‘Try this random thing,’ and I don’t know what it is, she can tell me what it is and she can even tell me if I’m going to like it,” said Mancia.

When they get together, Mancia enjoys the break from her hectic job at a law firm.

“I’ll be so busy busy, you know life is busy these days, it’s like a forced pause,” she said.

Through her match with Mancia, Michelle says she benefits from “learning new things from her, trying to be an adult.”

The women have something in common that’s more than just adventurous taste in food — both lost a family member before they were matched in 2004.

“It’s really great to have someone who knows exactly what you’re going through.” Cali Mancia

“My mom kinda passed away when I was 10, and my sister didn’t really help me,” said Michelle. “So I (had a) choice to have a big sister, from my counsellor, and I got her.”

Mancia’s father passed away soon before they were matched.

“It’s really great to have someone who knows exactly what you’re going through,” she said.

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Cowboys cut T.O.: Report
The Dallas Cowboys have released wide receiver Terrell Owens, ESPN reported last night. Owens signed a four-year, $34-million US deal with the team last year. METRO NEWS SERVICES

Sports

Manny finally comes to terms

Free agent outfielder Manny Ramirez, his agent Scott Boras and the Los Angeles Dodgers reached a preliminary agreement on a two-year, $45-million US contract yesterday. The deal is contingent on Ramirez passing a physical. In last year's National League playoffs, he batted .520 with four homers, 10 RBIs, nine runs and 11 walks in eight games.
METRO NEWS SERVICES

EDITOR: JOHN.CHICK@METRONEWS.CA

Bouwmeester's trade price too high: Gillis

Vancouver Canucks GM Mike Gillis decided that no move was the best move for his team at the deadline.

"Coming into today, if we did nothing, we were going to be perfectly content," Gillis said following a day of inactivity on the trade front.

Given the team's record of late (11 wins in 13 games), it's hard to argue with his position.

Vancouver's play is beginning to mirror its results, although Saturday's tilt with the San Jose Sharks may provide a better measuring stick of where this club really stands.

As with every club in the cap era, there are areas that could have been improved. A scoring forward would have allowed Alex Burrows or Ryan Kesler to resume the checking roles they excelled in earlier this season, but neither has shown that their offensive production will slow down.

A puck-moving defenceman who could quarterback the powerplay was also on the wish list, but the price tag on Florida's Jay Bouwmeester was too high.

"I asked him what he needed in return and it wasn't doable," admitted Gillis when asked about his discussions with Panthers GM Jacques Martin.

Gillis confessed that he did feel pressure to make a move over the course of the day, presumably as a result of Calgary's acquisition of Olli Jokinen. However, the Canucks triggerman qualified that by expressing his pleasure at not giving in to the temptation to engage in deals he referred to as "high-risk short-term and total-risk long-term."

Though the Canucks are not of the same calibre as Detroit, it's worth pointing out that the defending champs were also idle. Contenders San Jose and Washington did next to nothing, making Calgary the only upper-echelon team to significantly alter its chemistry.

Last year, Dave Nonis was skewered for a lack of activity. This year, Gillis has quieted those same critics by changing personnel over the course of the past eight months, most notably with the addition of Mats Sundin.

Though Vancouver could have improved its chances, it's doubtful they could have done so without stripping either the current roster or the farm of vital ingredients.

Scott Rintoul is a college athlete, sports fan and broadcaster. He can be heard Monday-Friday on the TEAM 1040 from 6-9 a.m. scott.rintoul@team1040.ca.

NHL trade deadline moves of note

- The Pittsburgh Penguins added forward Bill Guerin from the New York Islanders for a conditional draft pick.
- The Phoenix Coyotes sent Derek Morris to the New York Rangers for fellow defenceman Dmitri Kalinin and forwards Petr Prucha and Nigel Dawes.

Jokinen

- The Calgary Flames acquired Olli Jokinen and a third-round pick from the Phoenix Coyotes in exchange for Matthew Lombardi, Brandon Prust and a conditional first-round pick.
- The Boston Bruins acquired forward Mark Recchi and defenceman Steve Montador.
- The Los Angeles Kings traded Patrick O'Sullivan to the Hurricanes, who then turned around sent O'Sullivan and a draft pick to the Edmonton Oilers for Erik Cole.
- The Ottawa Senators got goalie Pascal Leclaire and a second-round draft pick from the Columbus Blue Jackets for centre Antoine Vermette.
- Brendan Morrison is joining the Dallas Stars, who claimed him off re-entry waivers from the Anaheim Ducks.
- The Maple Leafs sent forward Nik Antropov to the New York Rangers for a second-round draft pick and a future conditional pick, and Dominic Moore to Buffalo for a second-round draft pick.

Aerials Omischl wins silver

AGENCE ZOOM/GETTY IMAGES

Steve Omischl of Kelowna takes second place during the FIS Freestyle World Championships Men's Aerials in Japan yesterday. Warren Shouldice of Calgary won bronze.

Economy slowed deadline day: Burke

NHL After an average of 25 trades and 43 players were moved in each of the last three seasons, yesterday's tally saw 22 deals and 45 players moved. While those numbers are relatively close, much more was expected. But the overriding factor in the fall-off in moves clearly reflected concerns over the global economic crisis.

"I think everyone is scared to death of the 2010-11 season. I know I am," Toronto GM Brian Burke said yesterday.

It is expected the current global economic crisis will be felt in the NHL in 2011.
TORSTAR NEWS SERVICE

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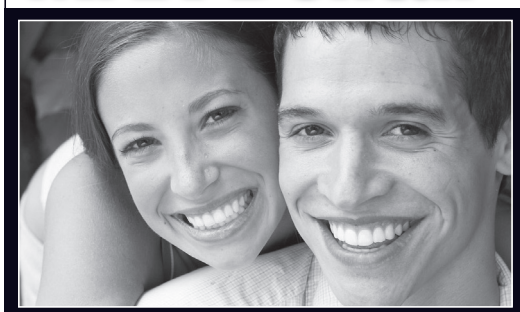

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METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Bring some of that shine inside

Stay sunny indoors with warm paint and wood trim

UrbanDweller

Carlyn Yandle

metronews.ca/urbandweller

The trick to staying sunny in this watery part of the world is to bring a little sparkle into our own private spaces. That's not so simple if your home is a typical shoebox-shaped condo with windows only along one short wall.

The obvious solution to brightening up the interiors is to paint the walls white. That's fine if you like the stark gallery look or if all your cabinetry is white or if you're planning to sell your home. But for most real-life interiors, the overall look is choppy and cold.

A better way to cut down the visual clutter while warming up the place is to coat the walls in a warm paint colour or two that integrates furnishings and cabinetry and defies the drab weather. Most wood cabinetry blends beautifully into the wide range of more saturated earth hues and jewel tones. The overall effect is a warmer visual temperature.

Living rooms and dining areas in the light-deficient home cry out for another layer of shine and sparkle to make that colour sing.

(To warm up your home) consider adding glass surfaces to bounce even the weakest light. This can be in the form of framed pictures on the wall or a glass-topped coffee table.

One of the best ways to get that visual pop is by installing or upgrading interior wood or wood-composite trims and painting them all a warm white to offset the wall colour. Plain doorways and windows, including sliding glass patio doors, can be easily framed in facings, and deep crown moldings can be added at the ceiling to provide more visual height. Wimpy baseboards can be upgraded to four-inch flat facings. Plain interior doors can be faced to create inner frame of thin wood stripping and painted white to pump up the otherwise dull interior architecture. Keep the facings simple and unfussy for a clean overall look.

Next, consider adding glass surfaces to bounce even the weakest light. This can be in the form of framed pictures on the wall or a glass-topped coffee table.

Another option is to lay tempered glass, cut to fit at your neighbourhood auto glass shop, on top of an existing coffee table or side tables.

Decor items like vases, trays or bowls in high-shine metals, crystal, glass, or glazed pottery can dance the light around the room, especially when set in a cluster with tea lights or near another light source.

Finally, brighten up dark corners by bringing in a tall column of light, like a paper-shade floor lamp or torchiere and you'll be basking in reflected glory.

Carlyn Yandle is a Vancouver journalist with her own room-planning business, Home Reworks; carlyn@homereworks.com.

CARLYN YANDLE PHOTO

Glass vases, framed photos and coffee table add sparkle against a deep wall colour.

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Crime need not impede a sale

HouseLeague

Ryan DeLuca

metronews.ca/houseleague

Violence seems to be on the rise in Metro Vancouver lately with gang shootings becoming more prevalent. Many people are starting to wonder how these acts of violence are going to affect their resale values if they occur in their neighbourhood. The key is to remain aware and be proactive.

Keeping abreast of what is going on in your neighbourhood is always a smart idea whether you have a home for sale or not.

Safety is one of the key issues buyers will raise when they are looking into a new neighbourhood. Long ago are the days where the high-end gated neighbourhoods were the safer place to be.

By keeping on top of the issue, you and your realtor will be ready to address any questions or concerns that are posed to you.

It is also a good idea to form a neighbourhood watch. If there is violent crime in your area, or even if you have known criminals living nearby, a neighbourhood watch is a great way to make prospective buyers feel safe and secure with their purchase.

All neighbourhoods experience some level of crime so it is never deterrent for a buyer to see that your neighbourhood is proactive when it comes to controlling crime.

Having an alarm already installed in your home is another great way to keep buyers content.

If you live in a house or even a ground floor condo, a prewired alarm system is a fantastic selling feature. It is a minimal cost to have it installed and most new condo developments are already set up for them. Make sure your realtor points them out when conducting showings or an open house.

In the end it is important to note that almost all the gang shootings that have happened recently are targeted hits on specific individuals.

They are not epidemics that are specific to any part of the metro Vancouver area.

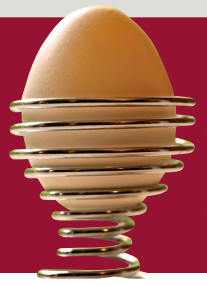
Understand that it is not the neighbourhood itself that is unsafe. Staying one step ahead in making sure all buyers feel safe in your home will go a long way to help ensure a speedy sale for you home.

Ryan DeLuca is a realtor with Sotheby's International Realty Canada, and host of The Real Estate Minute on Novus TV; rdeluca@sothebysrealty.ca.

Where the women are
A recent study of 508 farmers' markets across Canada revealed that women shoppers outnumber men almost three to one. About 30 per cent of shoppers are aged 18 to 39. More than half of shoppers routinely visit the market unaccompanied. FARMERSMARKETSONTARIO.COM

Food

Eggs are a reasonably priced protein source. Canada's Food Guide to Healthy Eating recommends two eggs as a serving from the Meat and Alternatives Food Group. BARB HOLLAND/FOR METRO CANADA



What's inside
One of nature's most nutritious foods, one large egg contains 75 calories, 5 g fat (of which only 1.5 g are saturated) and many essential vitamins and minerals.
BARB HOLLAND/FOR METRO CANADA

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Thinking outside the shell

À la carte

Barb Holland
metronews.ca/alacarte

Ever-so-versatile eggs patiently sit in your refrigerator waiting for their chance to shine. Combined with a few other ingredients, eggs make a satisfying midweek supper in short order. A frittata is an open-faced omelette, a traditional way to use up cooked (or fresh) vegetables, cheese, meat or other filling ingredients with, of course, eggs. Cooked in a skillet over direct heat until browned on the underside, it can be finished under the broiler to set and brown.

Potato and Ham Frittata
This easy-to-make dish is a speedy supper, especially if you happen to have some leftover cooked potatoes on hand. Cooked chicken or turkey can be tossed in (or not) in place of the ham — almost anything goes. Serve with a green salad and crusty whole grain bread. Makes 4 servings.

INGREDIENTS:
- 1 tbsp (15 ml) vegetable oil
- 1 onion, chopped
- 1 cup (250 ml) sliced mushrooms
- 1 cup (250 ml) cooked, diced potatoes (about 1 medium)
- 8 eggs
- pinch salt, dried thyme leaves and pepper
- 1/2 cup (125 ml) diced cooked ham, chicken or turkey, optional
- 1 cup (250 ml) shredded old Cheddar cheese, divided

Cooked chicken or turkey can be tossed into your frittata in place of the ham — almost anything goes.

METHOD:
In large nonstick skillet, heat oil over medium-high heat. Add onion and mushrooms and cook until lightly softened, 2 to 3 minutes. Add potatoes; cook 1 to 2 minutes.

In a bowl, beat eggs with salt, thyme and pepper; stir in ham, if using, and half the cheese. Add to skillet; reduce heat to medium and cook, stirring gently for about 30 seconds, lifting edges with heatproof spatula to allow uncooked egg to flow underneath. Cook without stirring until bottom is golden and top is almost set, about 5 minutes.

Sprinkle with remaining cheese. Cover skillet to let cheese melt. Alternately, if skillet handle is heatproof, place skillet under broiler until frittata is set and cheese melts. (If skillet handle is not ovenproof, wrap in foil.) Cut into wedges to serve.

Tip: If you don't have cooked potatoes, scrub a medium sized potato, pierce well and microwave at high until almost cooked, 2 to 3 minutes. Cool slightly, then dice (leave skin on for added fibre).

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

Riding the Recession

Meals for a steal

Khai Thai Cuisine
khaithai.com
809 Seymour St.
778-783-0191
All lunch meals $9.95

Want to spice things up? Khai Thai Cuisine offers a variety of lunch dishes for less than $10. The menu includes a range of dishes, from curry to stir fry, made with fresh herbs, spices and exotic vegetables. The tastefully decorated restaurant is as pleasing to the eyes as the palate.

On the web

Columnists:
- Peter Rockwell catches up with his favourite wine from his youth. Read the Liquid Assets column at metronews.ca/liquidassets

Urban Foodie

●●●●● INSPIRED; ●●●●○ VERY GOOD; ●●●○○ PALATABLE; ●●○○○ HO-HUM; ●○○○○ NEVER AGAIN

Aburi sushi comes to Vancouver

ANYA LEVYKH
anya.levykh@gmail.com

Miku Sushi
1055 West Hastings St.
Vancouver
604-568-3900
mikurestaurant.com

Signature Drink:
Sake
Signature Dish:
Miku Zen
Rating: ●●●
Dinner & drinks for 2:
$120

"What's Aburi?" you say? For the most part, this means very fresh sushi, dipped in various French sauces, then lightly seared with a blowtorch. It's a new style of sushi for Vancouverites, but it's probably one that will become fairly popular.

Our lunch visit included the premium sushi platter ($25), which consisted of thirteen pieces of nigiri and roll sushi and miso soup. Some, like the tuna belly "rose" and the yellowfin, were incredible, while others had a bit too much wasabi between fish and rice to be properly enjoyed. A dish of chicken nanban ($15) was nice, with local chicken breast first deep-fried, then soaked in plum sauce, making for extremely moist and tender morsels. The accompanying "purple" rice was mainly white, with a few grains of black thrown in for the colour effect. It's also a bit jarring to read on the website about how "Organic, local ingredients" are featured and their attempt to "lessen Miku's carbon footprint," and then see Chilean sea bass (an endangered species) on the dinner menu. Nonetheless, I am sure that the business lunch crowd will enjoy the spot and that Aburi, sustainable or no, is here to stay.

On the web
- Read the full article online at metronews.ca/vancouver/columnist/40411.
- Chew more on Anya's blog at metronews.ca/vancouver/blog/136310.

ANYA LEVYKH/FOR METRO VANCOUVER

Aburi and nigiri sushi platter.

Dining out

WEAK WALLET?
Le Gavroche (1616 Alberni St.) is now offering two prix-fixe options for weak-wallet diners. Enjoy three courses for $35 or four courses for $40. Options include duck and apricot terrine, crab cakes, albacore tuna, Cornish hen, lamb shank and gateau Lilli La Puce. Call 604-685-3924 or visit legavroche.ca.

ITALIAN VOYAGE
Cibo Trattoria (900 Seymour St.) is once again travelling across Italy, this time to the Trentino-Aldo Adige region, to present a five-course tasting menu for $48. Menu includes smoked local trout, polenta near, venison with wild berries, canederli with smoked ham and apple fritters. (cibotrattoria.com.)

Latest Italian wines go bold

Earlier this week, the Instituto del Vino Italiano di Qualità Grandi Marchi presented wine trade and media with a selection of the latest vintages to come out of bella Italia's most prestigious family wineries. Several bottles blew me away with their complexity, depth and versatility. Some highlights: Alois Lageder's Pinot Bianco 2007 (SRP TBA), a subtle straw-yellow with aromas of apples and peaches, and a clean palate, and Lungarotti's Rubesco Riserva 2003 (SRP $59.99), a deep red with notes of violet and menthol, and a spicy pepper and cloves finish. Both at private wine stores.

In brief

OWNER Maureen Fleming has closed her restaurant, Ocean 6 Seventeen, to focus more on operations at her Gastown digs, So.Cial at Le Magasin.
CHEF Frank Pabst, of Blue Water Café and Raw Bar, has been awarded silver at the recent Canadian Culinary Championships. Congrats to Frank and his team!

ANYA LEVYKH
/FOR METRO VANCOUVER

Spaghetti & Wine $24 plus tax
Spaghetti & Meatballs for 2 with a half litre of house wine

Kitsilano - 2272 West 4 th Avenue, Vancouver
(at Vine, across from Capers)
604-731-7222
www.prestocucina.ca

OPI launches new website

OPI recently launched its newly designed website (at opi.com), featuring the latest OPI products for nails, hands, feet, and skin. It also includes a Try-It-On Studio that allows you to see how OPI Nail Lacquer shades look on your skin tone. METRO NEWS SERVICES

Style

Making runway history...

Good news for those who admired the winning spring dress in Tuesday night's episode of Project Runway Canada: you can now purchase it. The bold shoulder, jersey knit, asymmetrical design by Jessica Biffi is now available at Winners stores for $99.99 in sizes four to 14. The original was green, but it is also available in lavender, coral and black as well. In Vancouver, the dress can be purchased at Park Royal and Granville Street locations. METRO NEWS SERVICE

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Trend translations

What will the fall runways mean for the rest of us?

KENYA HUNT
Metro World News

While at some moments the endless stream of furs or sexed-up dresses seemed repetitive, Milan Fashion Week was an inspired mix of creatively upbeat clothing from futuristic silhouettes to old school glamorous dresses.

This season, Milan did not disappoint. Credit crunch or not, it's exciting to see fashion that makes you want to get dressed up again. Now if the economy would just bounce back so that we can all afford it. We recount the week's trends and explore how they will translate to life off the runway. (On a scale of 0, for magazines only, to 5, for wear it everyday).

upcoming **style**

Read Metro Style for upcoming coverage of:

- Paris Fashion Week — March 4 to 12.
- Toronto Fashion Week — March 16 to 21.

Kenya's**Style**

Kenya Hunt

Read the blog at metronews.ca/kenyasstyle

VERSACE

The trend: Sex goddess

Home to the house of Versace and Cavalli, Milan is the master of this concept. So its no surprise that the idea's comeback for fall would happen here. The biggest component of the sex goddess look: the thigh-high stiletto.

The designers: Roberto Cavalli, Blumarine, Versace, Gucci.

Runway to real life rating: 3. Expect to get extra hoots and whistles on the street.

The trend: Glamour girls

Rhinestones, luxe fabrics, bold prints and feminine hour-glass silhouettes are just a few of the elements that dominated this trend.

The designers: Sportmax, Byblos, Giorgio Armani, Versace, Alberta Ferretti, Moschino, Aquilano.Rimondi, Marni, Krizia

Runway to real life rating: 4. Break out the red lipstick and high heels and book an appointment at the hair salon. This is not a low-maintenance look.

SPORTMAX

MASSIMO REBECCHI

The trend: Easy and wearable, yet chic

If there's one major complaint of the week, it's that too many collections neglected the everyday wardrobe needs that we all have. Sometimes a woman just wants a great, comfy sweater, an easy but chic pair of trousers, or a skirt that she doesn't have to suck her stomach in to wear.

The designers: Burberry Prorsum, DSquared2, Prada, Max Mara, Missoni

Runway to real life rating: 5. Prada's beautifully constructed suits, Burberry Prorsum's swinging skirts and Max Mara's wearable separates make great investments for the office (or the job interview.) Missoni's layered knits, meanwhile, are the ultimate daytime wear.

MAX MARA

PHOTOS BY MAURIZIO MAULE

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metro Do it daily.

BLENZ COFFEE

Megan Fox loves comic books
Megan Fox has signed on to star in not one, but two comic book movies — Jonah Hex and Fathom. The 22 year-old Transformers star is reportedly a huge comic book fan. **EMPIREONLINE.COM**

Entertainment

Puppy love
Oprah Winfrey has a new puppy. The talk show host and her longtime beau, Stedman Graham, adopted an eight-week-old cocker spaniel on Sunday. **USMAGAZINE.COM**

EDITOR: DEAN.LISK@METRONEWS.CA

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

U2 lays it on the line

UNIVERSAL MUSIC

No Line On The Horizon is the new album from U2.

Neko Case

Album: Middle Cyclone
Label: Anti-/Epitaph
Rating: ●●●●

THE ONLY PROBLEM with Neko Case is that she doesn't release solo material fast enough. We can expect something new from her about every three years — that doesn't cut it for someone this good. Middle Cyclone is another stellar release from the alt.country artist, who also sings with The New Pornographers. It's loaded with infectious twang, crazy piano tracks (she recorded multiple piano parts on some tunes) and great guest spots from her Porno bandmates and members of Los Lobos and Calexico. With lyrics about animals, nature and tornadoes, this could be the first great summer album of the year.

Bryan Borzykowski/for Metro Canada

U2

Album: No Line On The Horizon
Label: Island/Universal
Rating: ●●●½

U2 HAS HAD such an impact on music over the past 25 years that it's now difficult to distinguish its sound from that claimed by the many bands who have followed in its footsteps. The soaring vocals, anthemic themes, patterned guitars, layered atmospherics and searching spirituality have become commonplace. But the Irish foursome prove on their 11th studio effort that creativity still exists in middle age. They often find it by looking backward to their R&B, gospel and classic rock roots. You can hear it in the riffs of Stand Up Comedy and the fuzzed drive of Get On Your Boots. Those searching for a higher power will find it in Bono's over-the-top delivery of the obvious. ("God is love," Bono howls in Stand Up Comedy). His angst is everywhere here, rising like steam above the sonic stew cooked up by co-producers Daniel Lanois and Brian Eno. And it's not an easy angst to share. It's over-blown, for sure, but we've come to expect that. very few alive today that can match the incredible vocal range Isaak demonstrates on You Don't Cry Like I Do. Just to keep things interesting, Isaak tosses in a couple of heart-melting duets with Trisha Yearwood and Michelle Branch. Among the 14 original tracks, there's unquestionably some lightweight stuff. But even the three or four weaker tracks stand up well compared to the overproduced pablum that Nashville far too often serves up as country rock.

Graham Rockingham/for Metro Canada

MusicReviews

music@metronews.ca

Chris Isaak

Album: Mr. Lucky
Label: Wicked Game/Reprise
Rating: ●●●

CHRIS ISAAK IS lucky to have a voice as big as the late Roy Orbison. And we're lucky that Isaak hasn't forgotten how to use it during his seven year recording absence. Isaak will never be able to match the success he scored early on with his haunting masterpiece, Wicked Game (although he comes close onsingle, We Let Her Down). And he'll never be able to shake the comparison's to the Big O. But why should he? There's

On the web

There's more online at metronews.ca/music:
- reviews of new music by Shout Out Out Out Out and The Prodigy
- Links to all reviewed music

DiCaprio signs up for Nolan sci-fi film

MOVIES Leonardo DiCaprio will star in Inception, a sci-fi film that Dark Knight helmer Christopher Nolan wrote and is directing.

The contemporary story is described as taking place within "the architecture of the mind." Nolan set up the project less than a month ago at Warner Bros., the studio where he made his Batman films.

REUTERS

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primetime 3/5/09	251	308	3 CBC	Coronation St.	Jeopardy! (N)	Doc Zone "Shock Wave" (N) (CC)				CBC News: The National (N)		(:05) The Hour
	255	358	6 JOY	E! News	The Insider	Name Is Earl	Kath & Kim	Premonition (2004, Suspense) Casper Van Dien. (CC)				News (N)
	254	-	8 M	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		Metropia
	250	321	9 CTV	etalk (CC)	Hollywood	American Idol (CC)		CSI: Crime Scene Invstgtn.		ER "What We Do" (N) (CC)		News (N)
	-	-	10 OMNI	The Daily	Frasier (CC)	Smallville "Legion" (CC)		Supernatural (CC)		Scrubs (CC)	Diya (CC)	New Day
	252	336	11 GTV	Entertainment	ET Canada	Survivor: Tocantins (N) (CC)		The Office (N)	Kink in Hair	(:02) Life "Jackpot" (CC)		News (N)
	256	389	12 VI	Instant Star	TMZ (N) (CC)	Wife Swap "Chi/Edwards" (N)		Private Practice (CC)		Eleventh Hour "Subway" (N)		News (CC)
	253	359	13 CITY	Law & Order: SVU		Ugly Betty "Sugar Daddy" (N)		30 Rock	30 Rock (N)	Hell's Kitchen (N) (PA) (CC)		The List
	-	-	14 CW	Deal-No Deal	Deal-No Deal	Smallville "Legion" (CC)		Supernatural (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	Survivor: Tocantins (N) (CC)		CSI: Crime Scene Invstgtn.		(:01) Eleventh Hour "Subway"		News (N)
	287	379	16 NBC	Evening Mag.	Inside Edition	Name Is Earl	Kath & Kim	The Office (N)	(:31) 30 Rock	ER "What We Do" (N) (CC)		News (N)
	602	568	19 W	Will & Grace	Friends (CC)	Divine Design	House	Confidential	House	Divine Design	Love It-List It	House
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	Ugly Betty "Sugar Daddy" (N)		Grey's Anatomy (CC)		(:02) Private Practice (CC)		KOMO 4 News
	-	-	23 KVOS	M*A*S*H	Seinfeld	The Principal ★★ (1987) James Belushi, Louis Gossett Jr.				King	Still Standing	Scrubs (CC)
	291	383	27 PBS	Sit and Be Fit Special (CC)		3 Mo' Divas Female vocalists perform. (CC)		Command Performance				Rock-Rhythm
	290	382	28 FOX	Two/Half Men	Two/Half Men	American Idol (CC)		Hell's Kitchen (N) (PA) (CC)		News (N) (CC)		Family Guy
	-	364	43 PBS	Priests at Armagh Cathedral		Discovering Secrets of the Vatican			UltraMind Solution: Defeat Depression			Change Your
	296	654	64 SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	The Insider	Entertainment	Foreclosure
	298	653	65 TLA	Two/Half Men	Two/Half Men	Smallville "Legion" (CC)		Supernatural (CC)		KTLA Prime News (N) (CC)		Friends (CC)
	295	651	66 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Sex and-City	Friends (CC)	Friends (CC)	My Wife-Kids
	297	652	67 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Sex and-City	According-Jim	Frasier (CC)	Frasier (CC)	Odd Couple
	199	311	76 STR	News (N)	News		Late Show-Letterman		Late Late Show		Will & Grace	Seinfeld
news	502	390	26 NW	Geologic Journey (CC)		CBC News: The National (N)		CBC News: The National		Geologic Journey (CC)		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	Boys to the Bigs		Hockey	Canucks TV	The Ultimate Fighter		Sportsnet Connected		Sportsnet
	400	400	30 TSN	SportsCentre (Live) (CC)			Off the Record	Score Golf	Motorcycle	Poker Night (Taped)		SportsCentre
	411	457	49 OLN	Dog the Bounty Hunter (CC)		Survivorman (CC)		Mantracker Dan and Jared.		Dog the Bounty Hunter (CC)		Survivorman
	410	403	54 SCR	Basketball	NBA Basketball Portland Trail Blazers at Denver Nuggets. (Live)					Final Score	Final Score	Final Score
	417	406	55 SC	Bullrun (N)		Pimp My Ride	Pass Time	Pinks -- All Out		Bullrun		Bullrun
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	555	545	50 TEL	Totally Spies	Total Drama	6TEEN (CC)	6TEEN	Futurama	Batman Returns ★★ (1992, Action) Michael Keaton. (CC)			
	557	541	51 FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	56 TRE	Comfy Couch	Zigby	Max & Ruby	Babar (CC)	Backyard	Dora-Explorer	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Recreat. Eden	e2 (N) (CC)	Myths and Heroes		Adventures in Architecture		The Genius of Photography		Landscape
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	600	564	29 H&G	Home to Flip	Real Renos	Holmes on Homes (CC)		The Fix (CC)	Disaster DIY	Home to Flip	Real Renos	Holmes
	615	520	31 A&E	The Beast "Mercy" (N) (CC)		The Beast "Mercy" (CC)		The First 48 (CC)		The First 48 (CC)		The Beast
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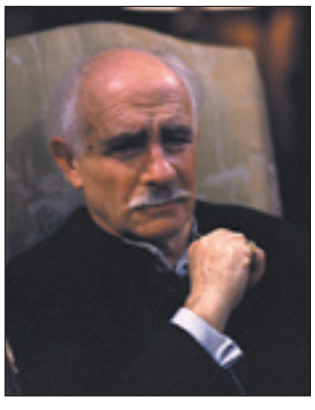
	616	522	39 SHO	The Outer Limits "Alienshop"		Love-Death	Love-Death	Trailer Park	Trailer Park	Eurotrip ★★ (2004) Scott Mechlowicz. (CC)		
	620	523	40 BVO	Toscanini	Frontenac Trio	Law & Order "Asterisk" (CC)		Without a Trace (CC)		The Color of Paradise ★★★ (1999, Drama)		
	601	562	41 SLC	The Biggest Loser		ET Canada	Matchmaker	The Biggest Loser		Trading Spouses		Biggest Loser
	520	505	42 DIS	MythBusters "Alaska Special"		Daily Planet (CC)		Deadliest Catch (CC)		Journey to the Edge of the Universe (CC)		
	522	506	44 HIS	NCIS "Bete Noir" (CC)		Lost Worlds "The Vikings"		Go Deep "Turkey" In Istanbul.		NCIS "Bete Noir" (CC)		Sea Hunters
	627	528	45 SPC	Chuck (CC)		Stargate SG-1 (CC)		Star Trek: Next Gener.		Star Trek: Voyager "Tuvix"		Star Trek: Ent.
	294	650	47 TBS	Twister ★★★ (1996) (PA) Helen Hunt, Bill Paxton. (CC)				Sex and-City	Sex and-City	(:10) Ultraviolet ★ (2006) (PA) Milla Jovovich.		
	619	525	48 TROP	Make	Fashion	Family Guy	Seinfeld	Seinfeld	Raymond	Family Guy	Married... With	Seinfeld
	603	561	52 FN	Family	Glutton	Ace of Cakes	Ace of Cakes	Challenge (CC)		Unwrapped	Secret Life of	Family
	626	547	57 COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	VIP	Gong Show	Daily Show
	320	621	60 CEN	(6:10) The Cradle (2007) (CC)		Chapter 27 ★★ (2007) Jared Leto. Premiere.			The Killing Gene (2007) Stellan Skarsgard.			Bourne Ulti.
	581	566	101 MTV	The Girls of Hedsor Hall (N)		MTV Live	After	Making the Band 4 (CC)		The Girls of Hedsor Hall		MTV Live
	261	394	102 V	The Muppets Take Manhattan		Poltergeist: The Legacy		The Muppets Take Manhattan ★★★ (1984) James Coco.				Paid Program
	-	-	109 MUL	Eight Heroes	Mom's-Upset	Vancouver	Kahkashan	Dheeyan Ghar	Sadabahar	Desi-Mama	Desi Rhythms	Patrol World

critics'corner

Toscanini: In His Own Words
Fifty years after the death of Arturo Toscanini, his family gave biographer Harvey Sachs access to dozens of hours of taped conversations he had with friends, relatives and colleagues. The result is this new documentary filled with interesting insights into the personality of the acclaimed and very private conductor — who probably would have been shocked to know these tapes were being made. 6 PM on BVO



My Name Is Earl
Dodge's (Louis T. Moyle) pleas for Joy (Jaime Pressly) to let him attend space camp prompt Earl (Jason Lee) to reminisce about the blast he and Randy (Ethan Suplee) had when they went to Chaz Dalton's Space Academy as kids. Unfortunately, a visit to the Chaz Dalton (Curtis Armstrong) of today only reveals that Earl's childhood hero has feet of clay. Eddie Steeples and Nadine Velazquez co-star in the new episode "Chaz Dalton's Space Academy." 8 PM on JOY NBC

Lilli hopes for Milli Vanilli's return

Evangeline Lilly is praying for a Milli Vanilli comeback — even though one of the duo is dead, femalefirst.co.uk reports. The actress was a huge fan of the 1980s pop act, who were disgraced in a lip-synching controversy. METRO NEWS SERVICES

Celebrity Buzz

Carrie on, Senator

COUPLE Things are getting serious between Carrie Underwood and her boyfriend, Ottawa Senators hockey player Mike Fisher: The singer is already spending quality time with his parents, people.com reports.

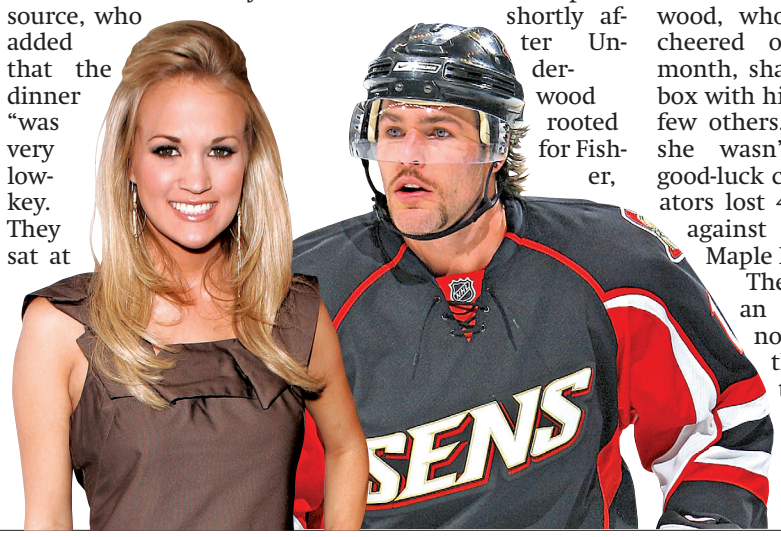
Underwood, who was first linked with Fisher in January, spent a cosy dinner Saturday night with Fisher, his mom and dad, and a few friends at Fratelli, an upscale Italian restaurant in the Kanata section of Ottawa, shortly after the 25-year-old country singer cheered on Fisher at his hockey game.

During the dinner, the couple "seemed incredibly happy. They seem made for each other," says a source, who added that the dinner "was very low-key. They sat at a private table and did their own thing."

The dinner took place shortly after Underwood rooted for Fisher, the Senators' centre, from a private VIP box at the Scotiabank Centre. Underwood, who first publicly cheered on Fisher last month, shared the luxury box with his parents and a few others. Unfortunately she wasn't the team's good-luck charm: The Senators lost 4-3 in overtime against the Toronto Maple Leafs.

The pair also spent an intimate afternoon shopping at the Rideau Centre, an upscale mall in downtown Ottawa.

METRO NEWS SERVICES



Miley reveals she was bullied

BOOK Miley Cyrus' school days were "friendless, lonely and miserable," femalefirst.co.uk reports. The Hannah Montana star was bullied so badly when she was being educated in Tennessee she believed she would be physically harmed.

Writing in her new book Miley Cyrus: Miles To Go, she revealed: "The girls took it beyond normal bullying. These were big, tough girls. ... They were fully capable of doing me bodily harm."

The singer-and-actress says The Anti-Miley Club even challenged her to a fight, which had to be halted by the school principal.

In the tome, the 16-year-old star also speaks of "the hardest day ever" — when she split from Jonas Brothers star Nick Jonas, who she refers to as Prince Charming.

METRO NEWS SERVICES

Bachelor twist no 'fix'

SHOW ABC's reality series The Bachelor has had its share of surprising endings, but Jason Mesnick's on-camera breakup with fiancée Melissa Rycroft and subsequent reunion with runner-up Molly Malaney has been by far the most shocking. But online rumours persist, with some wondering if the show's outcome was fixed, people.com reports.

As Bachelor creator Mike Fleiss tells People, "That's patently untrue. It was (Jason's) choice in New Zealand who he proposed to." But after the show wrapped, Fleiss says, "He was not in love with Melissa anymore and he was in love with Molly and he needed to make a change."

In fact, no one saw this coming, says Fleiss, who upon returning to the States "was in the process of trying to talk Molly into being the Bachelorette."

A week later, Fleiss learned that Jason and Melissa were not getting along, and that he had never stopped thinking about Molly. "My first thought was, 'Oh, too bad,'" Fleiss says. "My next thought was, 'Wow, that's almost too good!' I knew that was a remarkable twist.

"At that point, the decision was made to bring all three parties into the studio to film After the Final Rose, the most shocking After the Final Rose in Bachelor history," Fleiss says. "It was never anyone's plan."

Host Chris Harrison also tells People, "We haven't shown breakups before, but we've never had this situation. We couldn't not show that."

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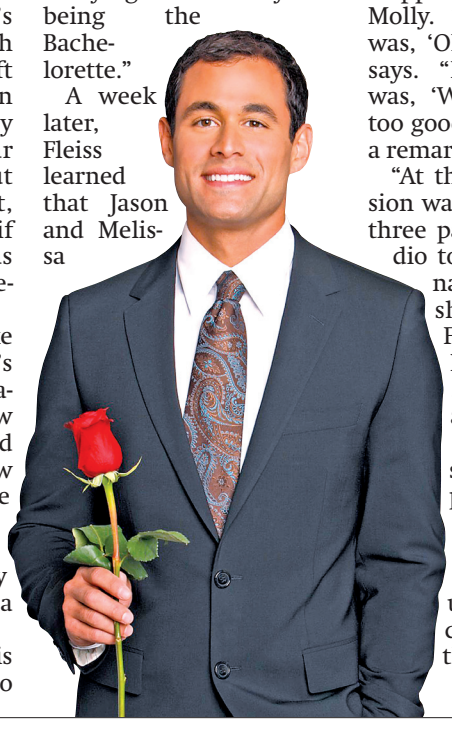

Usher apologizes for Brown comment

STATEMENT Usher has apologized for saying that Chris Brown should "have a little remorse" after the 19-year-old singer — who allegedly assaulted girlfriend Rihanna — was photographed jet skiing in Miami last weekend.

In a video for Jermaine Dupri's Living the Life series, Usher says he is "a little disappointed" after seeing the shots of Brown vacationing. "Have a little bit of remorse, man," he is overheard saying.

But in a statement late Tuesday, Usher says: "The comments made during a recent recording session amongst friends were taken out of context and blown out of proportion. I apologize on behalf of myself and my friends if anyone was offended. The intentions were not to pass judgment and we meant no harm. I respect and wish the best for all parties involved."

Brown is to be arraigned today for allegedly assaulting Rihanna Feb. 8 in L.A.

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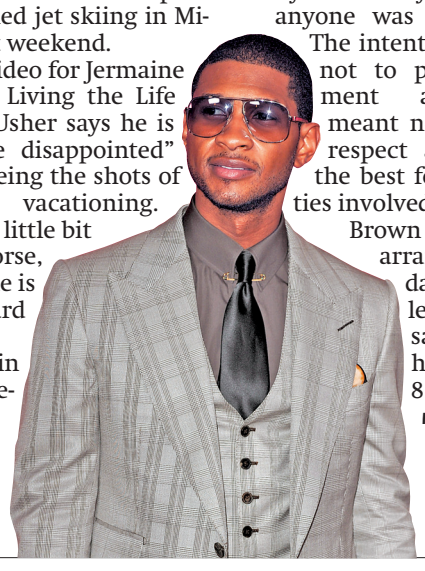

J-Lo 'pockets' jewels worth $50,000

DIAMONDS Jennifer Lopez recently borrowed $50,000 worth of diamonds from Robert Mouawad to wear at an event last week— and she doesn't plan on giving them back. "We received a call from (her manager) Benny Medina, informing us that Jennifer was going to keep the jewelry," a source told Page Six. But according to the source, for Mouawad — a Swiss billionaire — it's no big deal. "He will lose no sleep over $50,000, and frankly, Jennifer's endorsement is priceless."

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Did Brown pop the question?

RELATIONSHIP It looks like the reconciliation worked better than expected. According to Star magazine, while working things out in Miami at Sean Combs' Star Island retreat, Chris Brown broke down and proposed to Rihanna — less than a month after being arrested for allegedly assaulting her. "She believes in fairy tales, and she wants to live hers with Chris," a source told the magazine.

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Madge, Miller hook up

MEETING Madonna has invited Sienna Miller to lunch so they can complain about other women, femalefirst.co.uk reports.

The singer sympathizes with the 27-year-old actress following her recent complaints that she is "at war" with her fellow sex and wants to meet her in New York to offer her support. The 50-year-old pop star also wants Miller to meet her 12-year-old daughter Lourdes so she can quiz her on how to make it as an actress.

A source said: "Madonna's keen to meet up with Sienna and she also wants to introduce her to Lourdes, who is studying drama. Sienna can give her some acting tips."

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Mayer votes for ... Mayer

TWITTER In the big debate of whether or not Jennifer Aniston should keep or dump John Mayer, there is at least one person willing to voice his support: John Mayer himself.

"I just voted on People's 'Is John Mayer a Keeper?' poll — I clicked 'love him,'" the musician revealed on his Twitter page. "Be honest, you'd vote for yourself if you came across it, as well. Wouldn't you?" At the time he voted, the poll showed 63 per cent in favour of Aniston showing him the door.

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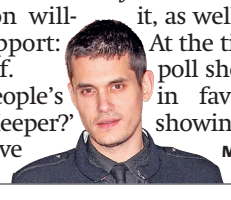

Brit song upsets Madonna

INCIDENT Looks like Madonna isn't such a big fan of Britney Spears after all. While attending a friend's birthday party at a New York bar, Madonna reportedly lost her cool when the DJ put on a Spears single. "She flipped out, stormed upstairs, and spent the rest of the night aggressively making out with Jesus (Luz, her Brazilian model boyfriend)," a source told the New York Post.

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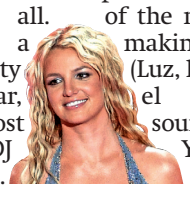

Perry dishes on pageant days

BLOG Considering Katy Perry's love of crazy costumes, it's no surprise she used to compete in pageants, usmagazine.com reports. "To tell you the truth, my mom entered me in one or two of these things," Perry writes on her blog. "The first one was just at your local grocery store. I got second place ... then I faintly remember doing a ... pageant when we lived in Lake Havasu, Arizona."

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The Weather Network
TWN incorporates MSC data
Today Sunny 8° / 0°
Friday Sunny 5° / 2°
Saturday Rain or snow showers 5° / 0°
80%
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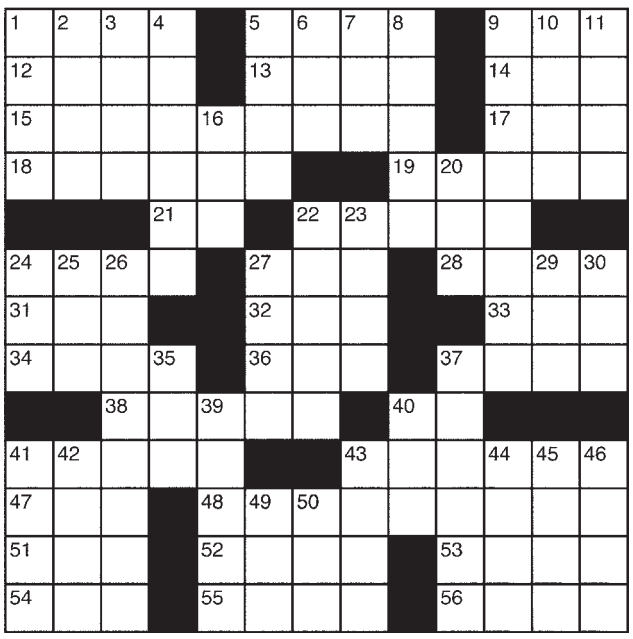
Your Cold & Flu Report is available at theweathernetwork.com

For more delicious Metro recipes, visit: **metronews.ca/food**

Take Five



Crossword across

1 Typeface choice
5 Quest
9 Witty one
12 Open a crack
13 Terrible guy?
14 Rd.
15 Plumbers' job?
17 X rating?
18 Stages a protest, of a sort
19 On the qui vive
21 "And I should care ... why?"
22 "Napoleon Dynamite" star
24 Sore
27 Distant
28 As well
31 As well
32 Submachine gun
33 "— Town"
34 November responsibility
36 Fellows
37 Failure
38 Cardiff's country
40 "Goodness gracious!"
41 Extra
43 Tea variety
47 Table scrap
48 Johnson opponent
51 Anonymous John
52 Very enthusiastic
53 Telegram
54 Springtime mo.
55 Colleen
56 Garbage barge

Crossword down

1 Cry like a baby
2 California community
3 Tardy
4 Stylish
5 Billboard
6 Mendes or Longoria
7 Pack away
8 Massage
9 ABBA hit
10 State with certainty
11 Fellow
16 Carnival city
20 Grazing area
22 Mists
23 Ms. Brockovich
24 Off-roader (Abbr.)
25 Bill's partner
26 Trouble
27 Sulk angrily
29 Bottom line
30 Sceptre ornament
35 Listening device
37 Local ordinances
39 Constitutional
40 Take blades to blades
41 Pop
42 Item on stage
43 Probability
44 Related to 35-Down
45 Pianist Peter
46 Got bigger
49 Eggs
50 Fleur-de- —

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

5			6	3	8			4
					5	7		
	8	6	9			3		
7	1		4		3	5		8
9								3
6		4	5		2		9	7
		5			9	8	7	
		3	1					
1			8	5	7			2

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

L	A	S	S	■	L	A	W	■
E	C	H	O	■	O	N	E	■
A	N	A	L	E	C	T	A	■
F	E	D	O	R	A	■	V	O
■	■	■	N	I	L	■	E	A
A	M	A	■	E	E	L	■	K
S	O	N	S	■	S	E	A	■
K	O	A	L	A	■	U	L	T
■	■	C	A	P	S	■	R	E
B	R	O	N	T	E	■	E	X
R	A	N	T	■	A	N	A	T
A	I	D	E	■	L	A	D	■
G	L	A	D	■	S	P	Y	■

P	A	L	O					
I	N	O	N					
E	A	S	Y					
R	T	E	X					
■	■	■	■					
H	E	E	N					
M	U	T	■					
A	N	Y	■					
■	■	■	■					
S	E	■	■					
E	X	C	U	S	E	■	■	■
V	K	A	■	■	■	■	■	■
N	E	A	R	■	■	■	■	■
T	A	T	S	■	■	■	■	■

5	2	3	1	8	6	4	9	7
8	6	7	9	4	5	1	2	3
9	4	1	2	3	7	5	6	8
7	9	5	3	1	2	8	4	6
4	1	6	8	5	9	3	7	2
3	8	2	6	7	4	9	1	5
6	5	9	4	2	3	7	8	1
1	7	4	5	6	8	2	3	9
2	3	8	7	9	1	6	5	4

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min Genius
13-17 min Scholar
17-21 min Smart
21-25 min Not bad
25+ min Keep practising

Metro Recipe of the Day

Meat Loaf

INGREDIENTS:
1 tbsp (15 ml) Canola oil
2 large onions, peeled and chopped
2 large celery stalks, chopped
1 large green pepper, seeded and chopped
3 garlic cloves, crushed
2 lbs (1 kg) lean ground beef
1 cup (250 ml) fresh breadcrumbs (white or whole wheat)
1 egg, lightly beaten
salt and freshly ground black pepper
1 cup (250 ml) canned chopped tomatoes
1/4 cup (50 ml) tomato sauce

METHOD:
1. Preheat oven to 350 F (180 C). Heat oil in a large, deep frying pan, add onions, celery, pepper and garlic and cook 5 minutes over moderate heat (until soft). Transfer vegetables to a large bowl.
2. Add beef, breadcrumbs and egg to vegetables. Season with salt and pepper and knead until well combined.
3. Put tomatoes and tomato sauce into small bowl. Mix well. Add half to meat loaf mixture. Mix again.
4. Transfer meat loaf mixture to lightly-greased baking dish or roasting pan and shape to make loaf, measuring about 7 x 10 in. (18 x 25 cm), mounding slightly at centre. Use side of hand to make groove down length of meat loaf. Pour remaining tomato mixture into groove.
5. Bake for 1-1/4 hours, or until cooked through to centre. (If you have a meat thermometer, it should read 160 F/71 C when loaf is done.) Let stand 10 minutes before slicing and serving.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Someone has issues with telling the truth. An irrational guy disagrees with confusing words. Don't wait to go home after a melodrama takes place.

TAURUS
APRIL 21-MAY 21
Someone's disrespect is hypocritical. An impulsive journey brings some career luck. Try not to isolate yourself at home.

GEMINI
MAY 22-JUNE 21
Money luck improves when an exceptional mentor arrives. Elders need extra care today. A belated message makes you happy.

CANCER
JUNE 22-JULY 22
A beloved man undergoes a passing fancy. Refusing to yield leads to a colleague's complaints. Pay attention to your work.

LEO
JULY 23-AUG 23
An opportunity will come out of nowhere. Others are on your side because you inspire trust. Taking a certain pathway causes a problem.

VIRGO
AUG 24-SEPT 22
A remarkable brute will give you stories to tell. Don't lie to a discerning friend. An amusing friend has done a bad job.

LIBRA
SEPT 23-OCT 23
A discovery changes your mind. Be alert to hidden meanings in messages. A man wants to get some hard work done.

SCORPIO
OCT 24-NOV 22
A repair problem requires your attention. A preacher is about to return. Take a walk in your personal safety zone.

SAGITTARIUS
NOV 23-DEC 21
Pay no attention to an inspection. Avoid a war of words with a scathing person. A former lover is spooked by a phone call.

CAPRICORN
DEC 22-JAN 20
A persuasive person is ready to forgive. A romantic mystery clears up. A legal matter is shaded by the past.

AQUARIUS
JAN 21-FEB 18
A pedantic person aggravates you about a project. Your exceptional memory solidifies your reputation. Walk lightly around oversensitive elders.

PISCES
FEB 19-MARCH 20
A friend wants you to repay a good deed. Someone is glum about being teased. Don't be deceptive to a hurt friend.

WORDY GURDY®

BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

1. Grease a silver-hued cooking wrap (1)
2. Society newbie's spider creations (1)
3. Far from short album track (1)
4. "Dumb" athlete's boulders (1)
5. Mogadishu native's Tex-Mex treats (3)
6. Nail-pounding tool hue and cry (2)
7. Wild stab takers' hard-pushing persuaders (2)

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3-5-09

ANSWERS
1. OIL FOIL 2. DEBS WEBS 3. LONG SONG 4. JOCKS ROCKS 5. SOMALIS TAMALES 6. HAMMER CLAMOR 7. GUESSERS PRESSERS

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